

**WHAT IS CLAIMED IS:**

1. A low friction composition comprising:  
a first layer having a first component; and  
a second layer having a second component;  
wherein the first and second layers are connected to one another; the first component imparts a coefficient of friction to the first layer which is lower than the coefficient of friction of the second layer; and at least the second component enhances the physical properties of the composition.
2. The composition of claim 1, wherein the first component is selected from the group consisting of PTFE, boron, molybdenum sulfide, silicone, silicone/silane modified polymers, graphite, fluorinated high molecular weight polyolefins or cyclic organic compounds, non-modified polyolefins, or other fluorinated polymers.
3. The composition of claim 1, wherein the second component comprises thermoplastic or thermosetting polyester, epoxy, PVC, or thermoplastic and thermosetting polyurethane.
4. The composition of claim 1, further comprising materials that control the curling, drying, cooling, cracking, crazing, checking, shrinking or deforming of the composition.
5. A low friction composition comprising:  
a first layer having a first component; and  
a second layer having a second component;  
wherein the first and second layers are connected to one another; the first component imparts a coefficient of friction to the first layer which is lower than the coefficient of friction of the second layer; and at least the second component enhances the physical properties of the composition.

6. A method of making a low friction composition comprising:
- a) combining at least a first component and a second component into a mixture;
  - b) separating the components within the mixture; and
  - c) molding the mixture into an integral composite; wherein

the first component is present in a first layer and the second component is present in a second layer; the first and second layers are attached; the first component is a low friction material and the second component enhances the physical properties of the composition; and at least one side of the composition has a low coefficient of friction.

7. The method of claim 5, wherein the separating step comprises vibration, polarization and radio frequency induction of energy.

8. The method of claim 5, wherein the molding step comprises pour molding, casting, pressure molding and extrusion.

9. A boat hull with a low coefficient of friction comprising:
- a first layer comprised of a first component; and
  - a second layer comprised of a second component, wherein

the first and second layers are attached to one another; the first component is a low friction material; at least the second component enhances the physical properties of the composition; and at least one side of the composition has a low coefficient of friction.

10. Sporting goods with a low coefficient of friction comprising:
- a first layer comprised of a first component; and
  - a second layer comprised of a second component, wherein

the first and second layers are attached to one another; the first component is a low friction material; at least the second component enhances the physical properties of the composition; and at least one side of the composition has a low coefficient of friction.